

What's the Word, Big Bird?

Moving Bodies for Healthy Children

Physical activity is great for bodies and brains, and moving can keep children happy, healthy, and thriving! Exercise helps children strengthen muscles, channel their natural energy, boost confidence, and so much more. Whether indoors or outdoors in the warmer weather, there are many fun ways to get children moving and grooving. This month, [Sesame Street in Communities \(SSIC\)](#) is sharing resources that encourage young children to get moving, stay active, and set the foundation for lifelong healthy habits.

Featured Resources

[Grover's Playground Workout](#)

Children can try many kinds of physical activity at SSIC. Play this interactive game with children and invite them to move along with Sesame Street friends! You can join in the fun, too.



[Animal Yoga](#)

Yoga builds strength, stretches muscles, and quiets the mind. Watch this video with children and practice the poses together or try making up some of your own.

[Move and Learn Together](#)

This webinar helps staff explore strategies for building body awareness and movement skills. Learn why these skills are so important for children's development.

What's New

Check out the latest resource from SSIC to support children and families in your program.

[Abby's Broken Wand](#)

During anxious times, children can cope with big feelings by learning simple self-care strategies that are part of everyday routines. In this new storybook, the Sesame Street friends build resilience together by eating nutritious foods, getting lots of exercise, and taking belly breaths.

Save your favorite resources, complete activities, and participate in free professional development offerings, such as webinars, trainings, and courses, by [registering for an SSIC account](#). The Sesame Workshop [privacy policy](#) applies, as SSIC is not an HHS system. Sesame Street in Communities is a partner in the Office of Head Start's National Center on Health, Behavioral Health, and Safety.

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